



Rush-Henrietta Central School District  
2034 Lehigh Station Road  
Henrietta, NY 14467  
(585) 359-5000 ~ [www.rhnet.org](http://www.rhnet.org)



# Concussion Management Protocols





**(K-12)**



**Step 1:** If a head trauma is suspected or observed, it must be reported and student must be referred to the school nurse/school nurse teacher.

**Step 2:** The school nurse/school nurse teacher will conduct a nursing assessment of the student and consult with the district's pediatric nurse practitioner.

- A) If no signs or symptoms of head injury are present, the school nurse/school nurse teacher will notify the necessary teachers who will monitor the student within the classroom.
- B) If signs or symptoms are present, the student will be sent home and placed on cognitive rest and necessary staff members will be informed. The school nurse teacher or nurse practitioner will alert the parents and refer the student to their primary physician for further evaluation.

**Step 3:** A collaborative approach between the student's physician, school nurse teacher, physical education teacher, and nurse practitioner will be used to transition student back into full school activity.

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Parents: How do I help my child recover?

Parents, you can help your child by making sure they get as much rest as possible. Resting during the day and getting plenty of sleep at night is the best thing your child can do to get better. Continuing normal activity or ignoring symptoms can make them worse. During the recovery process, your child should avoid using cell phone, computer and any other strenuous activities.

## Return to Physical Activity Protocol

Once a student is cleared to return to activities by their medical provider, the following is recommended return to physical activity protocol (based on the Zurich Progressive Exertion Protocol):

**Phase 1** Low impact, non-strenuous, light aerobic activity such as walking or riding a stationary bike. If tolerated without return of symptoms over a 24 hour period proceed to:

**Phase 2** Higher impact, higher exertion, and moderate aerobic activity such as running or jumping rope. No resistance training. 15 minutes of activity. If tolerated without return of symptoms over a 24 hour period proceed to:

**Phase 3** Sport specific non-contact activity. Low resistance weight training with a spotter. If tolerated without return of symptoms over a 24 hour period proceed to:

**Phase 4** Sport specific activity, non-contact drills. Higher resistance weight training with a spotter. If tolerated without return of symptoms over a 24 hour period proceed to:

**Phase 5** Full contact training drills and intense aerobic activity. If tolerated without return of symptoms over a 24 hour period proceed to:

**Phase 6** Return to full activities without restrictions.